STYLE
2011: NOT HOT FOR POLKA DOTS {page 12}

THE WORD
MARRIED LIFE ISN'T FOR HEF? DUH {page 10}

2012: GET A NEW BODY

WELLBEING {page 14}

RIKARD LARMA/METRO

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PHILADELPHIA
Wednesday, January 4, 2012

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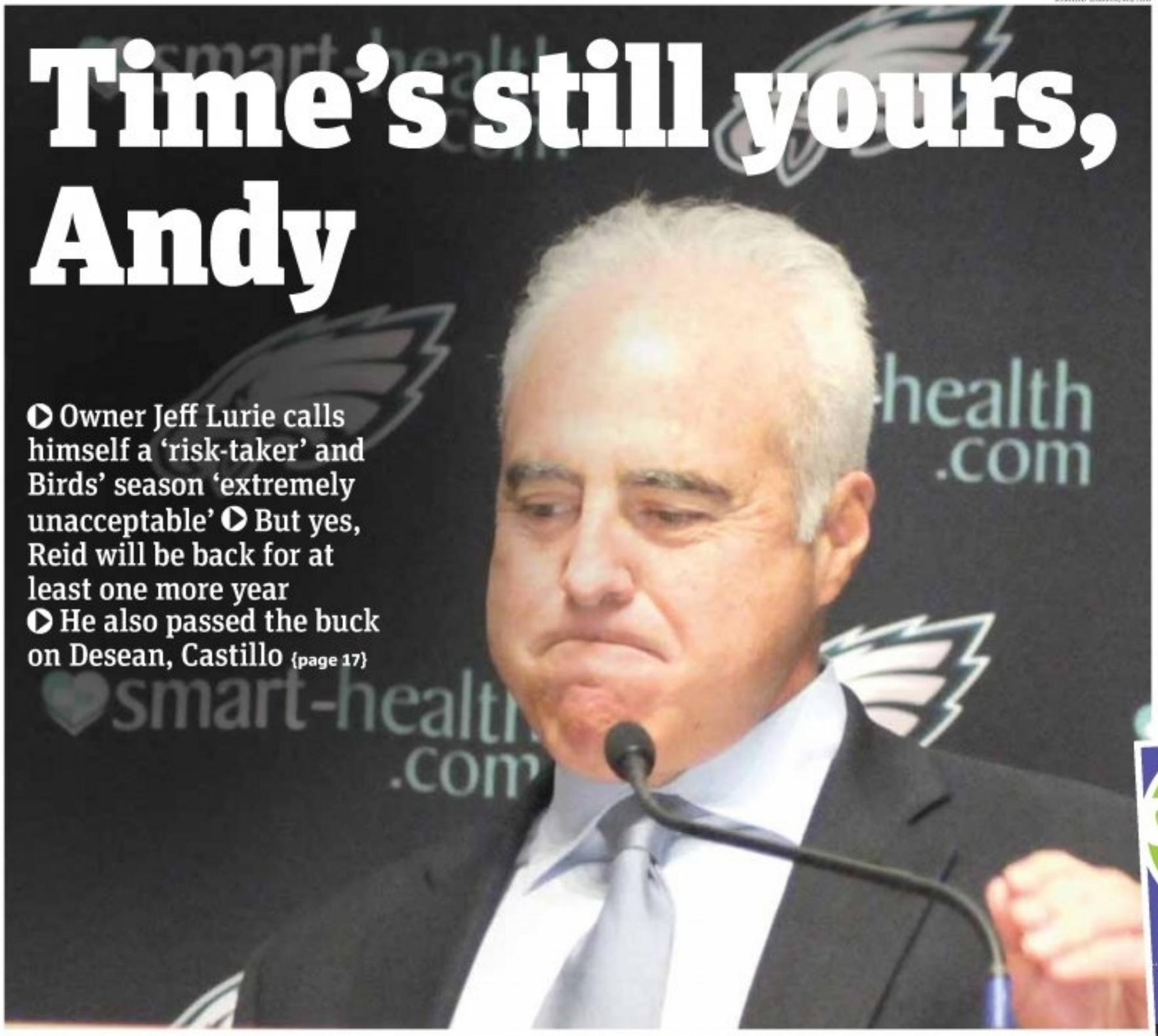

- Owner Jeff Lurie calls himself a 'risk-taker' and Birds' season 'extremely unacceptable'
- But yes, Reid will be back for at least one more year
- He also passed the buck on Desean, Castillo {page 17}

News

Tight race went late in Iowa

- Conservative darlings Paul, Santorum pushed for lead
- Romney, Gingrich also did well in early returns {page 08}

Brewpub comes to Chestnut Hill

Delaware's Iron Hill Brewery chain opens first city location today {page 02}

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Del.'s Iron Hill joins growing brewers' list

Newark-based beermaker ready to tackle 'big, big city' Its first Philly spot opens this evening City already dotted by craft beer specialty joints

RENDERING PROVIDED

▶ The large restaurant and brewery in the 8400 block of Germantown Avenue has been in the works since 2010.

SANDY OLDLAND

Despite eight locations in the Tri-State area and 15 years of operation, Iron Hill Brewery never considered a Philadelphia location — until its owners settled on Chestnut Hill in late 2010.

"For the most part, we're in small urban towns like Newark, Lancaster, Media, Phoenix, West Chester and Philadelphia was a different kind of animal — it's a big, big city," said Iron Hill co-founder Kevin Finn.

"Our model is based on repeat customers, building community and getting them to come back," Finn said. "So we were really looking for an area that had that kind of community feel." Iron Hill turned down a spot at the Convention Center because the visiting customers would be mainly "one and done," he said.

After more than a year of work, the restaurant and microbrewery's ninth location — and its first in city limits — will open today at 8400 Germantown Avenue.

In keeping with the brewery's interest in civic engagement, Council members Bill Green and Cindy Bass will administer the first pour today. "It's just a fun way to open the doors because there's no ribbon-cutting," Finn said.

Chestnut Hill won out over the trendier neighborhoods of West Philadelphia and Fishtown. "It demographically fit our customers, who tend to be a little more upscale than other chain customers," Finn said, also noting Chestnut Hill's dearth of large restaurants that can accommodate families or big parties.

"I think we offer a unique experience," he said. "We're a fun bar, but without the craziness of a true bar like a Kildare's or places like that."

ALEX WIGGLESWORTH
awigglesworth@metro.us

Craft brewed with food

Iron Hill was founded in 1996 when Finn and friend Mark Edelson decided to professionalize their homebrewing hobby and partnered with Kevin Davies to found their first Newark location.

Within two years, they expanded to West Chester, followed by other Pennsylvania, Delaware and New Jersey locations.

Iron Hill makes about 70 percent of its revenue from food sales. Still, beer is made onsite, with five staples available at every location and five to eight seasonal brews.

Growing list of brewers

Other big and small breweries in Philadelphia

- **Philadelphia Brewing Company in Kensington**
- Yards Brewing Company in Old City north
- **Dock Street Brewing Company in West Philadelphia**
- Triumph Brewing Company in Old City
- **Nodding Head Brewery and Restaurant in Center City**
- Manayunk Brewery and Restaurant

In the news

10

Ten people were killed in road accidents during the four-day New Year's holiday weekend, compared to 11 last year, Pa. state police said. Authorities investigated 552 crashes on state roads, including 79 that were alcohol-related.

In the news

State coffers sagging

Pennsylvania's General Fund took another hit in December, with revenue falling 6 percent below projections, officials announced yesterday. December's shortfall brings the General Fund collection to $11.6 billion for the fiscal year, 4 percent below estimates. Gov. Tom Corbett is expected to present his budget in March.

RIKARD LARMA

▶ More bad news.

Report: Big school layoffs in 2013

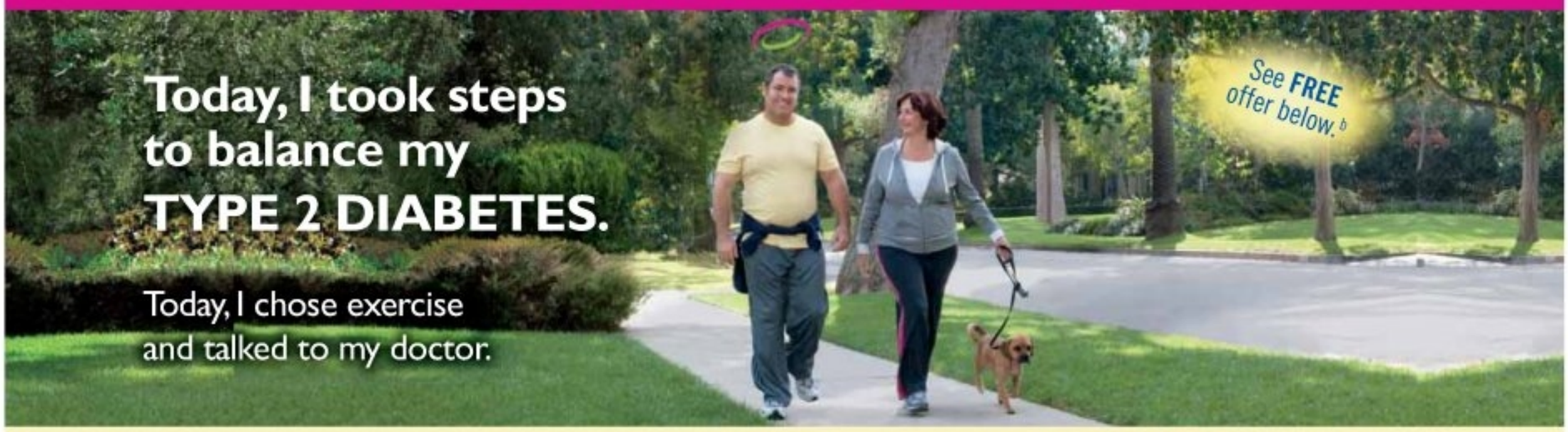
PHILADELPHIA. More than 1,000 custodians, bus drivers and cafeteria workers with the School District of Philadelphia could be laid off as part of ongoing budget cuts.

The district, which is still trying to climb out of a $629 million shortfall, sent layoff notices to 1,400 employees with blue-collar union Local 32BJ. The cuts would not take effect until December 2012 — and could be less if workers agree to significant concessions, according to the Inquirer.

Last month, the district sent layoff notices to 141 school staff, including nurses and support staff, to achieve $10 million in savings. The Philadelphia Federation of Teachers has vowed to fight the cuts.

District officials said additional reductions are expected before the school year is over. METRO

JANUVIA is widely available on most insurance plans.[a]



JANUVIA works to lower blood sugar in 2 ways. Talk to your doctor about JANUVIA today.

- **JANUVIA is a once-daily prescription pill that helps your body increase the insulin made in your pancreas and decrease the sugar made in your liver.**
- **Along with diet and exercise, JANUVIA helps lower blood sugar levels in adults with type 2 diabetes.**
- **JANUVIA is not likely to cause weight gain or low blood sugar (hypoglycemia).**

JANUVIA (jah-NEW-vee-ah) should not be used in patients with type 1 diabetes or with diabetic ketoacidosis (increased ketones in the blood or urine). If you have had pancreatitis (inflammation of the pancreas), it is not known if you have a higher chance of getting it while taking JANUVIA.

Selected Risk Information About JANUVIA: Serious side effects can happen in people who take JANUVIA, including pancreatitis, which may be severe and lead to death. Before you start taking JANUVIA, tell your doctor if you've ever had pancreatitis. Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

Do not take JANUVIA if you are allergic to any of its ingredients, including sitagliptin. Symptoms of serious allergic reactions to JANUVIA, including rash, hives, and swelling of the face, lips, tongue, and throat that may cause difficulty breathing or swallowing, can occur. If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away.

Kidney problems, sometimes requiring dialysis, have been reported.

If you take JANUVIA with another medicine that can cause low blood sugar (hypoglycemia), such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heart beat, sweating, and feeling jittery.

Your doctor may do blood tests before and during treatment with JANUVIA to see how well your kidneys are working. Based on these results, your doctor may change your dose of JANUVIA. The most common side effects of JANUVIA are upper respiratory tract infection, stuffy or runny nose and sore throat, and headache.

Call 1-888-JANUVIA or visit Januvia.com.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

[a] Fingertip Formulary, LLC, June 2011.

Please see the Medication Guide on the next page and discuss it with your doctor.

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Januvia® (sitagliptin) tablets

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[b] **Terms and conditions apply. Please see next page.**

Eligible patients may receive a free 30-day trial supply of JANUVIA.

Dose _____mg
Offer valid for up to 30 tablets.

1. Take this voucher to your next appointment. Ask your doctor about JANUVIA.
2. Get a free 30-day trial supply of JANUVIA if your doctor says it's right for you.
No purchase is required. Not valid for refills.

JANUVIA is a prescription medication. Only your health care provider can decide if JANUVIA is right for you.

How this voucher works:

- This voucher can be used 1 time before the expiration date.
- To receive your free 30-day trial supply of JANUVIA, take this voucher with your valid signed prescription to any participating eligible retail pharmacy (certain restrictions apply).
- There is no requirement to purchase any product or service to receive your free 30-day trial supply of JANUVIA.
- Restrictions apply. **Please see Terms and Conditions on the back of this voucher.**
- **Expiration Date: 06/30/2012**

Prescriber

To initiate a free 30-day trial supply for an appropriate patient, you should:

- **Read the Prescribing Information before prescribing JANUVIA.**
- Write a prescription for up to 30 tablets of JANUVIA. No substitutions are permitted.
- Refills are not required and there are no requirements to purchase any product or service to use this voucher. If you want your patient to continue taking JANUVIA beyond the free trial period, please write a separate prescription based on your recommended therapy.
- Fill in the dose on this voucher.
- Give the valid signed prescription and this voucher to the patient along with the Medication Guide for JANUVIA.

Januvia® (sitagliptin) tablets

- Eligible patients can take this voucher and the prescription to any participating eligible retail pharmacy to receive their free 30-day trial supply.
- For additional copies of the Prescribing Information, call 800-672-6372, visit Januvia.com, or contact your Merck representative.

Pharmacist

- Only 1 voucher may be used per patient. Voucher may not be transferred to another patient.
- There is no requirement for patient to purchase any product or service and refills are not required.
- Please ensure that the medication and dosage strength selected match the medication and dosage strength on the prescription.
- **Submit claim to McKesson Corporation using BIN No. 610524. For pharmacy processing questions, please call the Help Desk at 800-657-7613.**
- For all other prescriptions, please use the patient's primary method of payment and a new Rx number.
- By processing this voucher, you agree that no claim for payment or reimbursement may be submitted for this free trial supply to any patient or any third-party payer, including federal or state health care programs (Medicaid, Medicare [including true out-of-pocket expense (TrOOP)], or any other state or federal medical or pharmaceutical benefit or pharmaceutical assistance program), private insurers, and health or pharmacy benefit plans.
- For auditing purposes, a copy of this voucher must be attached to the original prescription and retained by the pharmacy. McKesson Corporation reserves the right to review all records and documentation relating to the dispensing of product.
- By accepting this voucher, you agree to the terms hereof.
- **No universal claim forms will be processed.**

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THIS VOUCHER IS NOT INSURANCE.

Medication Guide

JANUVIA® (jah-NEW-vee-ah) (sitagliptin) Tablets

Read this Medication Guide carefully before you start taking JANUVIA and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about JANUVIA, ask your doctor or pharmacist.

What is the most important information I should know about JANUVIA?

Serious side effects can happen in people taking JANUVIA, including inflammation of the pancreas (pancreatitis) which may be severe and lead to death.

Certain medical problems make you more likely to get pancreatitis.

Before you start taking JANUVIA:

Tell your doctor if you have ever had

- pancreatitis
- stones in your gallbladder (gallstones)
- a history of alcoholism
- high blood triglyceride levels
- kidney problems

Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

What is JANUVIA?

- JANUVIA is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes.
- JANUVIA is not for people with type 1 diabetes.
- JANUVIA is not for people with diabetic ketoacidosis (increased ketones in your blood or urine).
- If you have had pancreatitis (inflammation of the pancreas) in the past, it is not known if you have a higher chance of getting pancreatitis while you take JANUVIA.
- It is not known if JANUVIA is safe and effective when used in children under 18 years of age.

Who should not take JANUVIA?

Do not take JANUVIA if:

- you are allergic to any of the ingredients in JANUVIA. See the end of this Medication Guide for a complete list of ingredients in JANUVIA.

  Symptoms of a serious allergic reaction to JANUVIA may include:
  - rash
  - raised red patches on your skin (hives)
  - swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing

What should I tell my doctor before taking JANUVIA?

Before you take JANUVIA, tell your doctor if you:

- have or have had inflammation of your pancreas (pancreatitis).
- have kidney problems.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if JANUVIA will harm your unborn baby. If you are pregnant, talk with your doctor about the best way to control your blood sugar while you are pregnant.

  Pregnancy Registry: If you take JANUVIA at any time during your pregnancy, talk with your doctor about how you can join the JANUVIA pregnancy registry. The purpose of this registry is to collect information about the health of you and your baby. You can enroll in this registry by calling 1-800-986-8999.
- are breast-feeding or plan to breast-feed. It is not known if JANUVIA will pass into your breast milk. Talk with your doctor about the best way to feed your baby if you are taking JANUVIA.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of your medicines and show it to your doctor and pharmacist when you get a new medicine.

How should I take JANUVIA?

- Take JANUVIA 1 time each day exactly as your doctor tells you.
- You can take JANUVIA with or without food.
- Your doctor may do blood tests from time to time to see how well your kidneys are working. Your doctor may change your dose of JANUVIA based on the results of your blood tests.
- Your doctor may tell you to take JANUVIA along with other diabetes medicines. Low blood sugar can happen more often when JANUVIA is taken with certain other diabetes medicines. See **"What are the possible side effects of JANUVIA?"**.
- If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not take two doses of JANUVIA at the same time.
- If you take too much JANUVIA, call your doctor or local Poison Control Center right away.
- When your body is under some types of stress, such as fever, trauma (such as a car accident), infection or surgery, the amount of diabetes medicine that you need may change. Tell your doctor right away if you have any of these conditions and follow your doctor's instructions.
- Check your blood sugar as your doctor tells you to.
- Stay on your prescribed diet and exercise program while taking JANUVIA.
- Talk to your doctor about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.
- Your doctor will check your diabetes with regular blood tests, including your blood sugar levels and your hemoglobin A1C.

What are the possible side effects of JANUVIA?

Serious side effects have happened in people taking JANUVIA.

- See **"What is the most important information I should know about JANUVIA?"**.
- **Low blood sugar (hypoglycemia).** If you take JANUVIA with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include:
  - headache
  - drowsiness
  - weakness
  - dizziness
  - confusion
  - irritability
  - hunger
  - fast heart beat
  - sweating
  - feeling jittery
- **Serious allergic reactions.** If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away. See **"Who should not take JANUVIA?"**. Your doctor may give you a medicine for your allergic reaction and prescribe a different medicine for your diabetes.
- **Kidney problems,** sometimes requiring dialysis

The most common side effects of JANUVIA include:

- upper respiratory infection
- stuffy or runny nose and sore throat
- headache

JANUVIA may have other side effects, including:

- stomach upset and diarrhea
- swelling of the hands or legs, when JANUVIA is used with rosiglitazone (Avandia®). Rosiglitazone is another type of diabetes medicine.

These are not all the possible side effects of JANUVIA. For more information, ask your doctor or pharmacist.

Tell your doctor if you have any side effect that bothers you, is unusual or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store JANUVIA?

Store JANUVIA at 68°F to 77°F (20°C to 25°C).

Keep JANUVIA and all medicines out of the reach of children.

General information about the use of JANUVIA

Medicines are sometimes prescribed for purposes that are not listed in Medication Guides. Do not use JANUVIA for a condition for which it was not prescribed. Do not give JANUVIA to other people, even if they have the same symptoms you have. It may harm them.

This Medication Guide summarizes the most important information about JANUVIA. If you would like to know more information, talk with your doctor. You can ask your doctor or pharmacist for additional information about JANUVIA that is written for health professionals. For more information, go to www.JANUVIA.com or call 1-800-622-4477.

What are the ingredients in JANUVIA?

Active ingredient: sitagliptin.

Inactive ingredients: microcrystalline cellulose, anhydrous dibasic calcium phosphate, croscarmellose sodium, magnesium stearate, and sodium stearyl fumarate. The tablet film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, talc, titanium dioxide, red iron oxide, and yellow iron oxide.

What is type 2 diabetes?

Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems.

High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

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27100 – Pavia, Italy
9984404

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This Medication Guide has been approved by the U.S. Food and Drug Administration. DIAB-1018050-0000 12/11

Terms and Conditions

- This voucher is valid for 1 free 30-day trial supply of JANUVIA.
- Limit 1 voucher per patient for the duration of the program.
- Valid for 1-time use only. Free trial offer is valid only for up to 30 tablets of JANUVIA. No purchase is necessary. Refills are not required.
- This voucher is not transferable. No substitutions are permitted. Cannot be combined with any other free trial, coupon, discount, prescription savings card, or other offer.
- **This voucher is not insurance.**
- You must be 18 years or older to redeem this voucher. Patient, pharmacist, and prescriber agree not to seek reimbursement for all or any part of the benefit received by the patient through this offer. The free trial supply of JANUVIA cannot be used toward any out-of-pocket costs under any plan (such as true out-of-pocket expense [TrOOP]).
- This voucher can be used only by eligible US residents at any participating eligible retail pharmacy in the United States. Product must originate in the United States.
- This voucher is the property of Merck and must be turned in on request.
- Merck reserves the right to rescind, revoke, or amend this offer at any time without notice.
- **It is illegal to sell, purchase, trade, or counterfeit this voucher. Void if reproduced. Void where prohibited by law, taxed, or restricted.**
- **Please read the accompanying Medication Guide and discuss it with your doctor. Also available is the physician Prescribing Information.**
- **Expiration Date: 06/30/2012**

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(sitagliptin) tablets

SEPTA's '12 resolution: No fare hike for riders

17
Consecutive months of ridership gains for SEPTA, including a 3 percent increase in December

$303M
SEPTA's capital budget in the year that began July 1, 2011, down from $418 million the previous year

$129.5M
Cost of SEPTA's new payment technology, paid for through borrowing from the Philadelphia Industrial Development Corp.

▶ Ridership up every month for last year and half has helped keep books balanced ▶ Agency official: Next fare hike not until July '13 ▶ Capital spending down

SEPTA ended 2011 similar to the way it began: with increased ridership, marking the 17th consecutive month of ridership gains, according to preliminary data.

SEPTA Chief Financial Officer Richard Burnfield said yesterday that ridership for the first two weeks of December was up about 3 percent on the system, continuing a trend that started midway through 2010. As a result of the steady increases, SEPTA has a $1.7 million surplus and will keep fares and service at current levels for the next fiscal year.

The next projected fare hike is scheduled for July 2013, according to SEPTA's five-year plan. The last fare hike was in 2010 when the price of tokens, transfers and passes all rose, but the $2 base fare remained.

Quoted

"Right now we're looking at a balanced budget for the upcoming fiscal year [2013]. I would not anticipate fare increases or service reductions."
RICHARD BURNFIELD, SEPTA CHIEF FINANCIAL OFFICER

And while things are fine on the operational side, SEPTA is still strapped on its capital budget and has had to defer dozens of projects due to lack of funding. The state has yet to find a funding solution following the federal government's rejection of Interstate 80 tolls.

"Next year our capital budget is $300 million, which limits what we can do in terms of repairing infrastructure [or] buying new vehicles," Burnfield said.

SOLOMON D. LEACH
sleach@metro.us

RIKARD LARMA/METRO

▶ These will cost the same for the next 18 months.

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Career education 192265–09/11. Find disclosures on graduation rates, student financial obligations and more at www.sanfordbrown.edu/disclosures. Credits earned are unlikely to transfer. Sanford-Brown Institute cannot guarantee employment or salary. *Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, 2010-11 Edition, Diagnostic Medical Sonographers, on the Internet at http://www.bls.gov/oco/ocos273.htm (visited August 03, 2011). This is a national estimate and conditions in your location may vary.

It's Not Too Late to Enroll for January 11th Classes!

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Photo essay

PHOTOS
1. SOE THAN WIN/AFP/GETTY IMAGES
2. PORNCHAI KITTIWONGSAKUL/GETTY IMAGES
3. SOE THAN WIN/AFP/GETTY IMAGES

Myanmar President Thein Sein has commuted death sentences to life in prison and cut the terms to be served by other prisoners in a gesture to mark Independence Day, state media said earlier this week, but it appeared no political prisoners would be freed. REUTERS

1 Myanmar prisoners leave Insein prison following their release in Yangon one year ago. Activists and Myanmar's opposition expressed frustration after an order to cut jail terms for all inmates appeared to fall far short of hopes for an amnesty for political detainees. Prisoner releases began after the army-backed government announced a general reduction to sentences, but failed to mention the plight of top dissidents.

2 Children from the Karen National Union insurgent army hold assault weapons during celebrations marking the 51st anniversary of the army's rebellion against the Myanmar Junta in Tak, near the border with Thailand more than 10 years ago.

3 A Myanmar prisoner carries her baby as she leaves Insein prison following her release last year.

Starbucks brews a price hike

SEATTLE. Starbucks raised coffee costs by an average of about 1 percent in the U.S. Northeast and Sunbelt yesterday, making drinkers spend more in New York, Boston, Washington, Atlanta, Dallas, Albuquerque and other cities.

Shares of Starbucks, which boosted drink prices in some other U.S. markets in November, retreated to $45.30, down 1.5 percent.

Starbucks expects high costs for things like coffee, milk and fuel to cut into profits this year. REUTERS

CHRISTOPHER FURLONG/GETTY IMAGES

▶ Police guard the entrance to woods on Kings Avenue where human remains were found on New Year's Day.

Dead body discovered on UK queen's estate

- Police announced murder probe following discovery of woman's remains
- Body found in wooded area of estate where British queen spent holidays

British police have launched a murder investigation after a woman's body was discovered on Queen Elizabeth's Sandringham country estate in eastern England.

The remains were found on Sunday afternoon by a member of the public shortly after the queen and her husband Prince Philip attended a New Year's Day church service nearby.

Police said they had sealed off the area where the body was found in woodland in Anmer, a village on the eastern edge of the 20,000-acre site, and would remove the remains for a postmortem later.

"The circumstances suggest this is a murder case, and we are looking at missing persons reports and cold cases — locally and nationwide."
DETECTIVE JES FRY

"We are at the very early stages of the investigation, and it could be a complex inquiry," Detective Chief Inspector Jes Fry of Norfolk Police told reporters. "The body had been there for some time."

The queen spent Christmas and New Year at Sandringham House in the west of the estate and is not expected to return to Buckingham Palace in London until February, a royal spokesman said.

She had been informed about the discovery, her office said.

Prince Philip's attendance at the church service was his first public appearance after a Christmas health scare.

Sandringham has been the private home of four generations of British monarchs since 1862. REUTERS

▶ Murdoch

Murdoch tweets

NEW YORK. Media mogul Rupert Murdoch has rung in the new year with a new Twitter account that includes praise for Republican presidential hopeful Rick Santorum and opinions on President Barack Obama's policies.

Murdoch called Obama's decision on the detention of terrorism suspects "very courageous — and dead right!" REUTERS

74K

Just two days after the 80-year-old started his Twitter account, the chief of News Corp had already acquired 74,000 followers.

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Abdominal fat reducer provided to Hollywood stars by famous plastic surgeon now available to public

An advanced line of products produced by famous Beverly Hills plastic surgeon Dr. Frank Ryan is now available to the public.

Previously these products had only been available to Dr. Ryan's clients which included Oscar winning Hollywood movie stars and celebrities across the nation. These products substantially improve personal appearance without plastic surgery.

Dr. Ryan, perhaps the most famous Hollywood plastic surgeon in recent times, was extensively featured on television and in magazines across the nation. Dr. Ryan was also one of the first professional staff members of Endless Youth and Life which provides products and services that make celebrities look and perform many years younger than their age.

On August 16, 2010 Dr. Ryan died in a tragic car accident. It was Dr. Ryan's wishes that Endless Youth and Life would make his advanced non-surgical product line available to the public in the future. Endless Youth and Life is now complying with Dr. Ryan's wishes.

The first product being offered to the public is Dr. Ryan's most popular non-surgical personal appearance enhancement product, Dr. Frank Ryan's Abdominal Fat Reducer.

Abdominal fat is the most stubborn fat to reduce and it is also the most hazardous fat to health. Abdominal fat produces destructive hormones that spread throughout the body. A clinical study has shown that Dr. Frank Ryan's Abdominal Fat Reducer can reduce your pot belly without changing your diet or physical activity.

A double blind clinical study was conducted on Dr. Frank Ryan's Abdominal Fat Reducer. The study was commissioned by Advanced Supplement Research and used a research group which conducts clinical studies for the major drug companies.

The test subjects in the study lost significant weight and reduced their pot belly without changing their diet or physical activity. People who were not exercising or dieting lost weight and pot belly as well as those who were exercising and dieting.

The study also showed that Dr. Frank Ryan's Abdominal Fat Reducer significantly increased calorie burning so that you lose weight faster or you can eat more food without gaining weight. And, the study found that the all natural Dr. Frank Ryan's Abdominal Fat Reducer pill produced weight loss safely.

How does Dr. Frank Ryan's Abdominal Fat Reducer work?

It was found in a number of research studies that a substance called Conjugated Linoleic Acid (CLA) decreases abdominal body fat in three ways: 1.) CLA decreases abdominal body fat mass by decreasing the amount of abdominal fat that is stored after eating; 2.) CLA increases the rate of fat breakdown in abdominal fat cells; and 3.) CLA increases the rate of abdominal fat metabolism which decreases the total number of fat cells. You can think of CLA as a match that lights the fuse in abdominal fat. This fuse also increases metabolic rate that can result in more fat loss. Dr. Frank Ryan's Abdominal Fat Reducer contains the effective dose of CLA.

CLA interferes with an enzyme called lipoprotein lipase (LPL). LPL is an enzyme that helps store fat in the body.[2] So, by inhibiting this fat-storing enzyme LPL, CLA can help reduce the reaccumulation of fat.

CLA also helps the body use its existing abdominal fat for energy, thereby increasing fat oxidation and energy expenditure.

Dr. Frank Ryan's Abdominal Fat Reducer also contains other super highly advanced all-natural ingredients that help reduce abdominal fat.

Studies have shown that Dr. Frank Ryan's Abdominal Fat Reducer ingredients increase the rate of fat metabolism, which reduces both surface and intestinal abdominal fat and helps inhibit future formation of these abdominal fats.[3,4,5] One of these ingredients is a very high quality and potent extract of green tea. This extract is EGCG, which has been shown in clinical studies to dramatically and quickly increase calorie burning which helps to quickly reduce abdominal body fat.[4] These ingredients start working in 20 minutes to increase calorie burning, which is the first step to reducing the pot belly.

Today readers of this publication can get Dr. Frank Ryan's Abdominal Fat Reducer at a major discount if they order in 10 days from the date of this publication. The regular price of a 30-day supply of Dr. Frank Ryan's Abdominal Fat Reducer is $59 plus $3.95 shipping and handling for a total of $62.95.

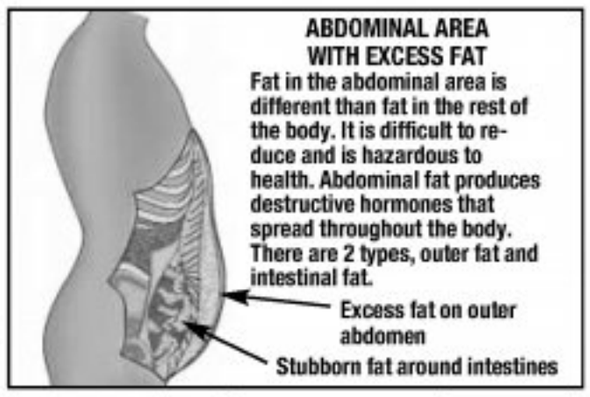
But, for this 10-day discount, readers can get $20 off plus free shipping and handling and pay only $39 delivered for Dr. Frank Ryan's Abdominal Fat Reducer. For readers who want to obtain a 30-day supply of Dr. Frank Ryan's Abdominal Fat Reducer at this 10-day discount price, please see the Special Reader's Discount Coupon on this page.

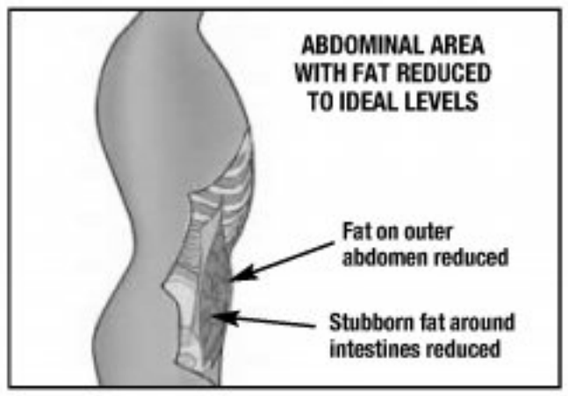
There is a strict limit of 3 bottles at this discount price – no exceptions please. Those readers ordering after 10 days from the date of this publication must pay the regular price.

[1]Int J. Obesity 2001 25:1129-1135
[2]LLP (Lipoprotein Lipase) reference Lipids. 1997 Aug 32(8):853-858
[3]AMJ Clin Nutl. 1989 Jan; 49(1):44-50
[4]AMJ Physol. 1995 Oct: (4pt1):E671-8
[5]Metabolism 2000 Jan: 49:101-7

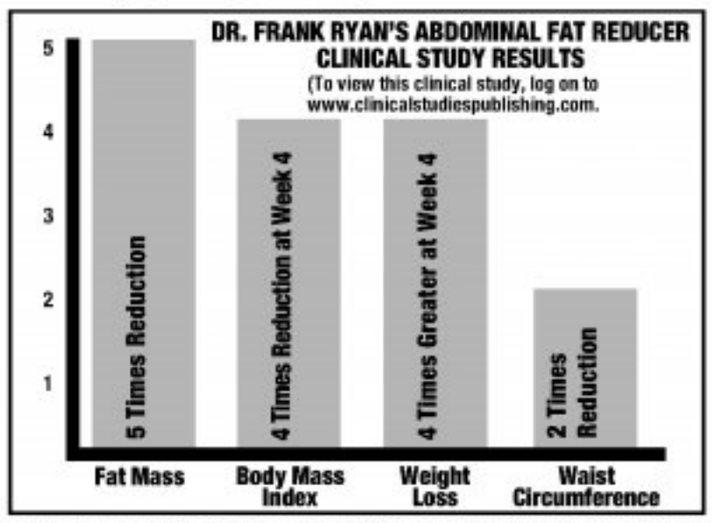
• These statements have not been evaluated by the Food and Drug Administration. This Product is not intended to diagnose, treat, cure or prevent any disease.

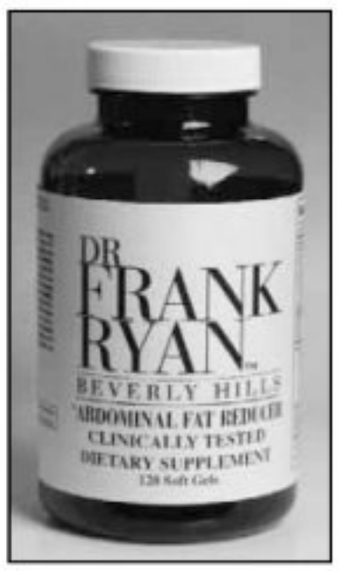
Dr. Frank Ryan, famous plastic surgeon to the Hollywood stars, was featured on television and in magazines across the nation on an extensive basis. Before he died in a tragic car accident on the Pacific Coast Highway near his ranch in Malibu, Dr. Ryan fulfilled his lifelong dream of developing a line of products which would substantially improve personal appearance without plastic surgery. This product line, which includes an advanced abdominal fat reducer was previously only available to Dr. Ryan's clients. It has now been made available to the public.


ABDOMINAL AREA
WITH EXCESS FAT
Fat in the abdominal area is different than fat in the rest of the body. It is difficult to reduce and is hazardous to health. Abdominal fat produces destructive hormones that spread throughout the body. There are 2 types, outer fat and intestinal fat.
Excess fat on outer abdomen
Stubborn fat around intestines



I'm Johnnie Smith. I was on Dr. Frank Ryan's Abdominal Fat Reducer for 30 days. I lost 21 pounds and lost 4 inches off my waist without any changes to my diet or physical activity.





Dr. Frank Ryan's Abdominal Fat Reducer

My name is Christie Kuykendall. Thanks to Dr. Frank Ryan's Abdominal Fat Reducer I was able to lose all of my stubborn pot belly without changing my diet or physical activity.

SPECIAL READER'S DISCOUNT COUPON

The regular price of a 30-day supply of Dr. Frank Ryan's Abdominal Fat Reducer is $59 plus $3.95 shipping and handling. People reading this publication get a $20 discount plus free shipping and handling and pay only $39 for Dr. Frank Ryan's Abdominal Fat Reducer delivered if you order within 10 days. There is a strict limit of 3 bottles at this discount price-no exceptions please. Dr. Ryan's other products include topicals, which reduce wrinkles and tighten saggy skin without plastic surgery. People who order Dr. Frank Ryan's Abdominal Fat Reducer will have access to these highly advanced products used by the Hollywood stars.

- To order by phone, call **TOLL-FREE 1-800-535-4480 Offer Code EYL1303.** Place your order by using your credit card. Operators are on duty Monday - Saturday 9am - 9pm and Sunday noon - 4pm, EST.
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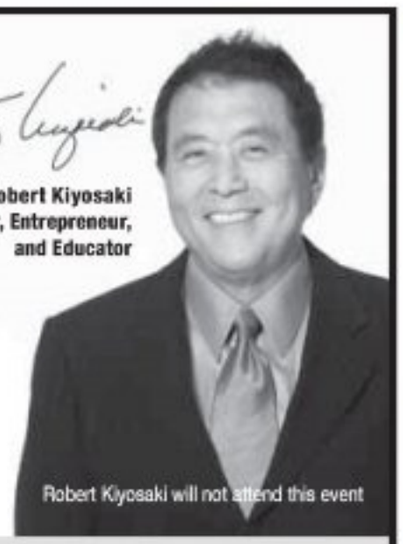

Robert Kiyosaki will not attend this event

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JEWEL SAMAD/AFP/GETTY IMAGES

▶ Voters register to cast their ballots during Republican caucuses at a school in Des Moines, Iowa.

Ready to rumble? Election season gets start in Iowa

The presidential campaign kicked off in earnest yesterday as voters met across the rural state of Iowa in the first contest to determine a Republican challenger to Democratic President Barack Obama.

At least three candidates had a likely shot at victory — Mitt Romney, Ron Paul and Rick Santorum — but an upset was not out of the question in the opening round of a Republican nominating contest that has been marked by volatility.

Iowa's caucuses are known more for weeding out candidates than picking the future president.

28

Sparsely populated Iowa only yields 28 delegates of the 1,143 needed to lock up the Republican presidential nomination — and they aren't actually awarded for months.

Finishing in the top spot could provide a big boost in a state-by-state battle that could end up as the most expensive in history.

Most of the candidates have topped opinion polls at one point in the race, which until recently centered on televised debates rather than on-the-ground campaigning.

Polls show Romney, the favorite of the party's business wing, in a tight race with Paul, a U.S. congressman from Texas with libertarian views, and Santorum, a former U.S. senator from Pennsylvania who hopes to consolidate Iowa's large bloc of Christian conservatives. Romney is a former Massachusetts governor.

Many voters remain undecided. The unusual caucus process adds an element of unpredictability. REUTERS

Contest clearing the field

DES MOINES. Struggling rivals like Texas Gov. Rick Perry and U.S. Rep. Michele Bachmann are fighting for at least a fourth-place finish that could preserve their flickering hopes.

"People are looking for the one true core conservative that can take on Barack Obama and win. That's what I've demonstrated throughout the campaign," Bachmann told CNN.

Iowa's nominating contest has traditionally cleared the field of losers and elevated surprise contenders. Former Arkansas Governor Mike Huckabee won the 2008 Republican caucuses, but fell short of the nomination. REUTERS

Poor Newt? Ads attack

DES MOINES. Former House of Representatives Speaker Newt Gingrich has seen his support erode under a barrage of such attack advertisements.

"Poor Newt. I kind of feel sorry for him. He's just been savaged," said voter James Patterson, who said he plans to vote for Romney. "Somebody's really, really mad at Newt." REUTERS

Wall Street rallies at start of year

Manufacturing expansion hits six-month high Beats outlook

Wall Street stocks kicked off 2012 with a rally on Tuesday after data showed U.S. manufacturing activity and construction spending picked up, signaling the economic recovery was gaining steam.

Investors, looking to put cash to work after a tough year in 2011, were also encouraged by data from China and Germany suggesting improvement in those major economies. The broad S&P index has risen more than 10 percent from its Nov. 25 close.

The pace of growth in U.S. manufacturing accelerated in December, its best month since June, while a rise in new orders suggested decent momentum in 2012. Separately, construction spending in November surged to the highest in nearly 18 months.

The Institute for Supply Management said national factory activity rose to 53.9, the best showing since June, from 52.7 in November. The reading topped expectations of a 53.2 reading, according to a Reuters poll. REUTERS

Global economy. Supply and demand

GETTY IMAGES

▶ An Iranian short-range Nasr missile is launched on the last day of naval war games near the Strait of Hormuz in southern Iran on Jan. 2, 2012.

Oil prices up on supply threats

Oil prices rose more than 3 percent yesterday as tension between Iran and the United States and Europe kept fears of potential supply disruptions in focus, while strong Chinese and U.S. data fueled optimism about the global economy at the start of 2012 trading. Iran threatened to act if the U.S. Navy moves an aircraft carrier into the Gulf, the most aggressive statement yet from Tehran after weeks of saber-rattling as new U.S. and European Union financial sanctions take a toll on the OPEC member's economy. REUTERS

Gold rallies to highest in 10 weeks

NEW YORK. Gold rose 2.5 percent on Tuesday, on track for its largest one-day gain in about two months, as economic optimism sparked broad-based equities and commodities rallies as well as bullion buying after the metal's heavy losses last week.

Silver was up over 6 percent, set for its biggest one-day rally since May 2011.

Gold was moving in lockstep with the euro, after an encouraging U.S. manufacturing report and positive data from China and Germany suggested that global economic recovery was gaining steam.

A $4 rally in crude oil futures on rising tensions between Iran and the United States. Surging grain prices also supported gold's gains.

U.S. gold futures for February delivery were up $38 at $1,604.80 an ounce REUTERS

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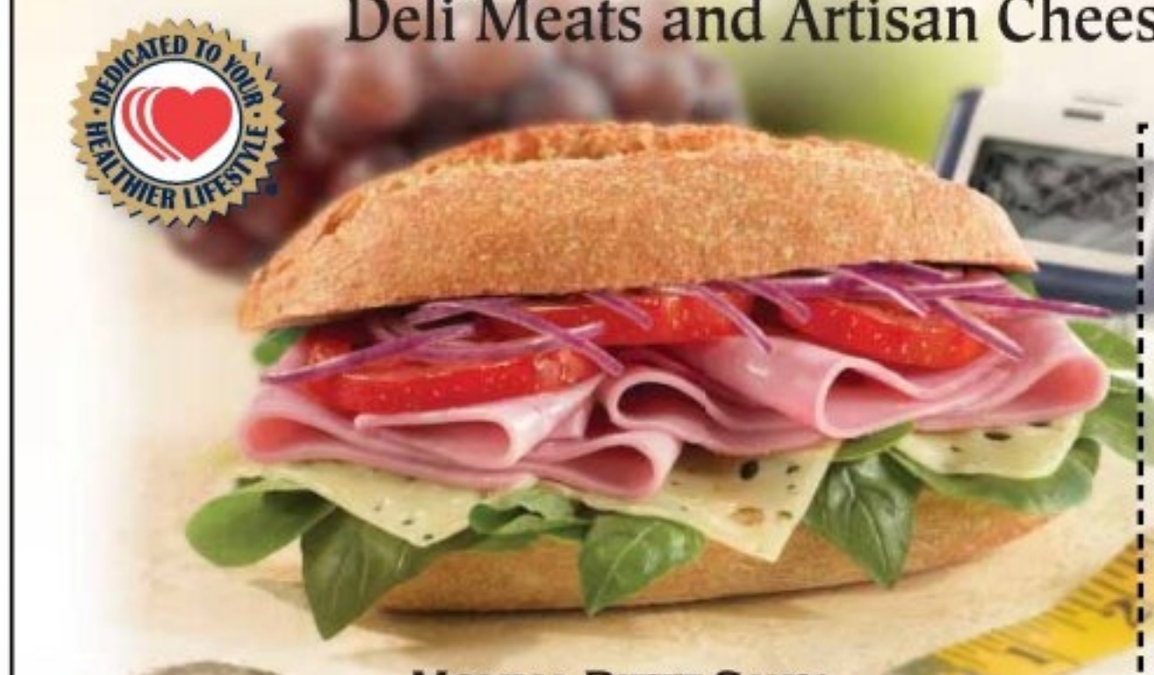

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myentertainment

2

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Ellen Barkin is questioning the advice she's receiving, Rupert Murdoch likes things cold and empty, Jonah Hill is going to the movies and Seth MacFarlane is worried about Demi Moore.

▶ **@EllenBarkin:** The fortune in my fortune cookie said "Character is the cornerstone of success." I think my cookie is stale.

▶ **@rupertmurdoch:** NY cold and empty, even central park. Nice!

▶ **@JonahHill:** I'm pretty sure "Extremely Loud And Incredibly Close" is about my Mom.

▶ **@SethMacFarlane:** By now I bet Demi Moore is getting sick of Patrick Swayze's ghost always trying to contact her.

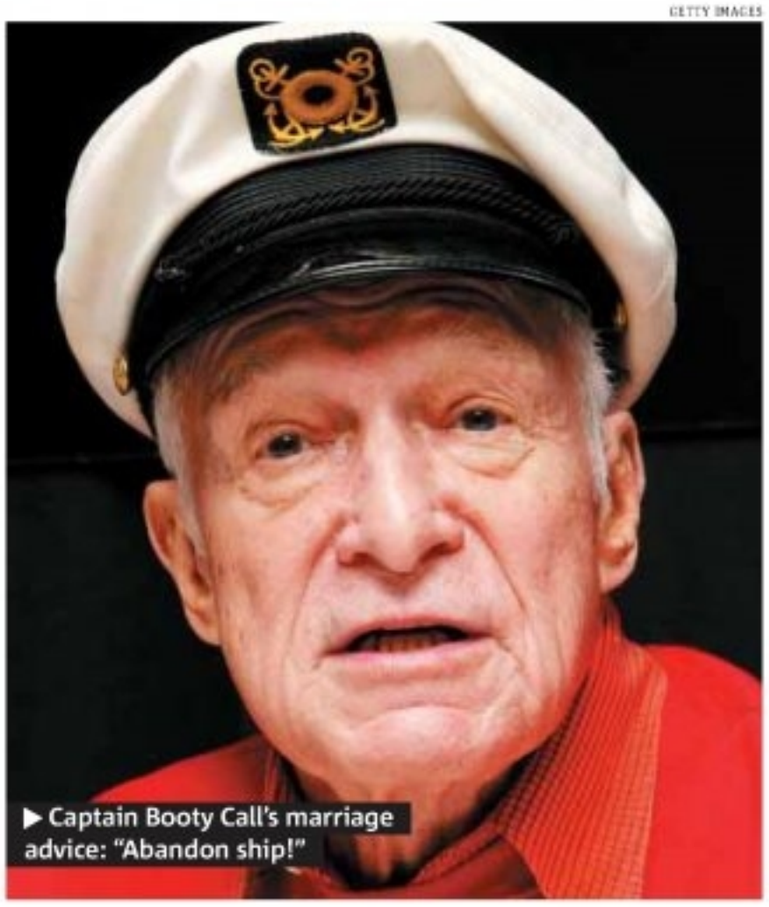
Barkin

Hefner states the obvious for 2012

After a tumultuous 2011 that saw his engagement to Crystal Harris (who I like to think of as a very low-rent Kardashian in her media manipulation) fizzle, Hugh Hefner, 85, is vowing to avoid marriage for 2012. "This year has been a very interesting year for me. I almost got married," Hefner tells People magazine. "And as Holly [Madison] — a dear friend and former girlfriend — said, 'Well, you missed a bullet.' I think that's accurate. I am clearly not meant to be married. Married life isn't for me."

You'd think the man who is known as an international Playboy and has called a mansion filled with frolicking naked women home for most of his life would have figured that out, oh, about 65 years ago.

GETTY IMAGES



▶ Captain Booty Call's marriage advice: "Abandon ship!"

ABC

▶ Greene prepares for a scene on the "Pan Am" set.

Greene isn't making friends on 'Pan Am'

Has **Ashley Greene** gotten a little too big for her "Twilight" britches?

While Greene has been filming a guest stint on struggling TV drama "Pan Am," she reportedly hasn't been making any friends among the cast. "Ashley came rolling on to the set acting like a queen bee," a source says, according to Hollyscoop. "She was stuck-up with the crew and acted like appearing on TV amounted to slumming. She referred to herself as a 'real movie star,' and said she was sure her guest stint would boost ratings." Folks from the show reportedly set up a "welcome lunch" for Greene, which she blew off.

Girlfriend, you were third string in a movie about sparkling vampires. You have far to go until you're allowed to act like **Mariah Carey**.

Talking points

Robyn Moore: Ka-ching!

The divorce between **Mel Gibson** and his wife of 30 years, **Robyn Moore**, was finalized just before Christmas after more than two years of negotiations, according to Entertainment Weekly. While the details of the settlement are being kept confidential, sources say Moore walked away with half of Gibson's estimated $850 million fortune. She also retains custody of the couple's 12-year-old son, Thomas. Moore filed for divorce in 2009 shortly after it was revealed that Gibson's then-girlfriend, **Oksana Grigorieva**, was pregnant.

GETTY IMAGES

▶ The lovebirds

Franklin to get R-E-S-P-E-C-T

Add **Aretha Franklin** to the growing list of celebrities who used the Christmas and New Year's holidays to get engaged. The Queen of Soul is officially planning to marry **Willie Wilkerson**, her reps confirm to the Associated Press. "No, I'm not pregnant," 69-year-old Franklin joked. The couple plans to marry this summer in Miami Beach.

No baby Beyonce yet

Rumors were flying last week that **Beyonce** had given birth in New York just before Christmas, but clearly that wasn't the case, according to one onlooker who spotted the mother-to-be with husband **Jay-Z** on New Year's Eve in Brooklyn. "She was definitely a pregnant lady that night," the source tells Us Weekly. "She looked amazing. She wore sky-high heels. It was really impressive for an enormously pregnant woman."

That's Knight Hayek to you

Hayek gets knighted

Salma Hayek rang in the New Year by being knighted. The star was announced as a Knight of the Legion of Honor in France on New Year's Day, according to Women's Wear Daily. Her father-in-law was named a Grand Office of the Legion of Honor, the country's highest civilian honor.

The celebs who were paid to be in Las Vegas for New Year's Eve

1. Will.i.am hosted and performed at a New Year's Eve DJ Set at Surrender Nightclub at Wynn Las Vegas on Saturday night.

2. Pamela Anderson attended the Final New Year's Eve Bash at Studio 54 inside the MGM Grand Hotel/Casino.

3. Looking more like an anime character than the Snooki we know and love, the reality TV star appeared at Ghostbar Dayclub's New Year's Eve party at the Palms Casino Resort.

4. Meanwhile, still in Vegas, recording artist Stevie Wonder performed at The Chelsea at The Cosmopolitan of Las Vegas.

5. Singer Bruno Mars performed on New Year's Eve at The Bank nightclub at the Bellagio Hotel and Casino.

6. Holly Madison toasted to the new year at the Gallery Nightclub at the Planet Hollywood Resort & Casino.

7. Kim Kardashian and her new bangs celebrated New Years Eve at Tao Las Vegas at the Venetian Hotel and Casino.

1: JESSE GRANT/WIREIMAGE
2: BRYAN STEFFY/WIREIMAGE
3, 4: ETHAN MILLER/GETTY IMAGES
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mystyle

2011's most unavoidable trends

STRIPES

- Thanks to the house of Prada, the streets hosted a parade of fat or skinny, vertical or horizontal, bold, bright and even neon stripes. It was enough to put a yesteryear beach scene to shame. The reason: Stripes are stylish and classic without resembling a one-woman fashion victim warning sign.

THE SEVENTIES

- You know the look: wide-leg jeans, floppy hat, sky-high platforms. Or a long, floaty dress with, you guessed it, a floppy hat. The '70s trend easily translated to the streets because it's relatively easy to wear. Consumers also loved the up-all-night clubbing look it conjured.

POLKA DOTS

- They were supposed to be the new stripes, appearing all over the autumn/winter '11 runways — and then nothing happened. Witness the number of polka dot clothes and accessories left on clearance racks the world over.

KITTEN HEELS

- These were supposed to be the new platforms, giving women a reprieve from back-breaking stilts. Fashion editors loved them and duly pushed them in their magazine pages. But the rest of the world never quite bought it.

KENYA HUNT
METRO WORLD NEWS IN LONDON

STACKED BRACELETS

- Blame Jak & Jil blogger Tommy Ton for all the male and female wrists you've been seeing weighed down with stacks of bling, neon-colored yarn and leather cords.

THE SIXTIES

- Women had barely worn their '70s maxi skirts when the runways began trying to push us into skimpy '60s-style shift dresses. Too much too soon? Seeing as we're all doing a bit of penny-pinching at the moment, it appears shoppers just weren't ready for the fashion pendulum to swing in the other direction so fast.

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TV watch list

ABC/RICHARD CARTWRIGHT

▶ Zachary Knighton, left, and Ken Marino star on "Happy Endings."

'Happy Endings'

COMEDY. With the return of new episodes comes a new beau for Penny: Dave's shrink (guest star Ken Marino). **9:30 p.m., ABC**

'24/7 Flyers/ Rangers: Road to the NHL Winter Classic'

REALITY. The big outdoor game may already be in the books, but what happened on the ice and in the locker room on Jan. 2 — ahem, Flyers goaltender controversy — has yet to be seen. Too bad HBO's all-access cameras can't follow these hockey-playing characters all season long. **Season finale, 10 p.m., HBO**

'NOVA'

SCIENCE. The season premiere, "Deadliest Volcanoes," follows scientists attempting to learn when eruptions may occur. Deadliest volcanoes? As opposed to those friendly lava-spewing mountains? **Season premiere, 9 p.m., PBS**

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mywellbeing

Make this the year you get your best body ever

There's no quick fix for getting a lean body. Just as you didn't get flabby overnight, you aren't suddenly going to become toned either. Acquiring your dream body takes time, patience and effort. The watchwords for success and long-term change are "start small."

"People should just start moving in general — get out, take the car less," says Fawn Cronin, Boston Sports Clubs' fitness manager. "Walk those two blocks to the coffee shop. Most people sit all day for work. [You] need to get up and move around every 20 minutes. Take the stairs for a few floors so that you're getting more cardio."

"A strong core is the basis of a fit body. Without a strong core, there's no support."
FAWN CRONIN

The first area to work on is the abdomen. "Always start with the core," she says. "A strong core is the basis of a fit body. Without a strong core, there's no support."

Cronin says people who aren't used to exercise should expect some discomfort from the effort; however, pain is a cue to stop. "I don't believe that 'no pain, no gain' is the motto today," she says. "Approach exercise slowly. Listen to your body. If you feel tightness, adjust. Listening to your body is number one."

And now that the weather is colder, you'll likely be tempted to coop up indoors all day. But being active doesn't require power-hours at the gym. "Even if it's just to a video game, get up and get moving," advises Cronin. "There's so many things you can do around the house, something functional in your everyday life. Just get moving."

LINDA CLARKE
letters@metro.us

Cronin's tips

PHOTOS COURTESY OF BSC

Body-toning exercises to do at home

1. Dumbbell squat into overhead press
- Choose weights challenging enough for you to press overhead but light enough to maintain good posture.
- Line the heels up with the hips, with the weights in front of your shoulders.
- Hinging at the hips, sit back into a squat — simulating a movement that is comparable to sitting into a chair.
- Push through the heels to stand while rotating the palms away from the body, and lift the weights into an overhead shoulder press.

2. Push-up into side plank
- Position the body into a full plank by placing the palms shoulder-width apart, and the feet in line with the hips.
- Lower the body into a push-up, engaging the core and glutes. Press back into the plank position.
- From here, shift the weight of the body to one hand and rotate, reaching the other hand upward to bring the body into a side plank.
- Return to full plank and repeat on the other side.

3. Reverse lunge with a twist to balance
- Begin standing on one leg.
- Reach the opposite leg back into a reverse lunge.
- Keeping the body straight, bend the legs to lower yourself and reach the opposite elbow to the front knee.
- With a tight core, push off the back foot to stand on one leg again and balance.

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Best new diet books for 2012

Looking to lose weight in 2012? These books promise to help.

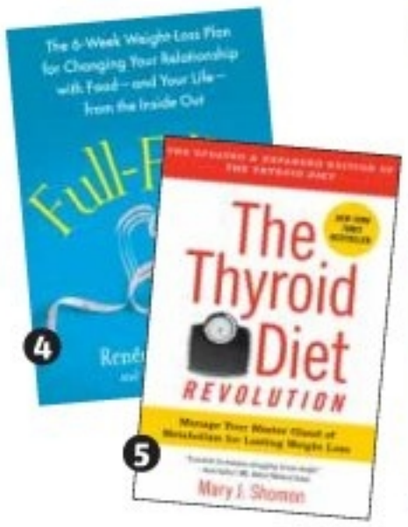
1 "Eat Your Way to Sexy" by Elizabeth Somer, M.A., R.D.: Somer offers tips on shedding pounds and getting healthy — which in turn, she notes, will boost your sex life.

2 "Think and Grow Thin" by Charles D'Angelo: Endorsed by President Bill Clinton, D'Angelo's book aims to change your mindset before your body.

3 "The Men's Health Diet" and "The Women's Health Diet" by Stephen Perrine: Perrine and each magazine's editors have aggregated their best diet and exercise tips into these manuals.

4 "Full-Filled: The 6-Week Weight-Loss Plan for Changing Your Relationship with Food — and Your Life — from the Inside Out" by Renee Stephens: Former overeater Stephens details her own journey through food addiction — pulling food from the trash, topping everything with chocolate syrup — and how she overcame it.

5 "The Thyroid Diet Revolution" by Mary J. Shomon: Are your hormones impeding your weight loss efforts? This book will help you find out and tell what to do about it. METRO/ME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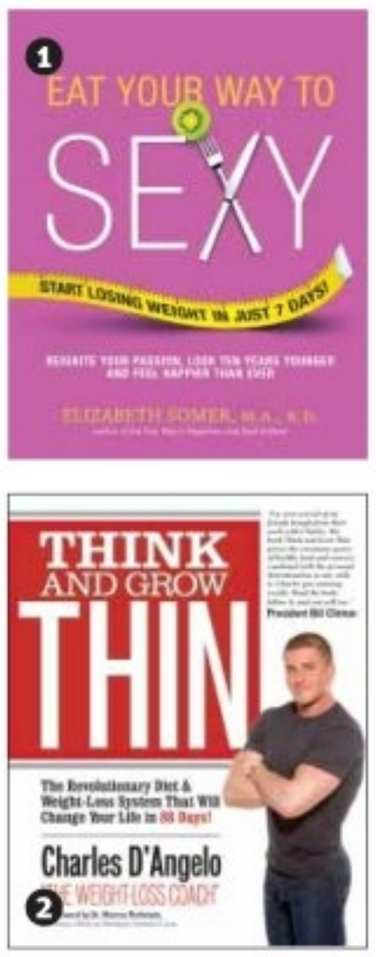

Diet and exercise

Bookmark this

Hungry Girl Lisa Lillien and Tyson Foods are joining forces to help you stick to your New Year's resolution of getting fit in 2012. Their "30 Days, 30 Ways, 30 Rewards" program is a one-month plan of healthy tips and recipes. Plus, each day you can enter to win prizes that promote well-being (yesterday's was a treadmill).
METRO/ME

mytechnology

Build a high-quality blog following

Shane Snow, journalist and co-founder of Contently.com, a marketplace for brand publishers and journalists, offers tips on gaining a following

COMSTOCK

▶ Consistent posting is crucial to gaining a solid following for your blog.

The hit-based nature of social media means many blog owners have difficulty cultivating long-term loyalty from their users. It's easy to get excited when a "viral" post brings in a spike of traffic. But often that traffic melts away as quickly as it arrived. Brian Clark, CEO of CopyBlogger Media, says a building a quality blog following means "attracting the right people in order to accomplish your specific goals."

Here are five tips for attracting readers who stick around:

SHANE SNOW FOR Mashable
The Social Media Guide

Skip the misleading traffic-boosting tactics

Pageview-racking slideshows and catchy-yet-misleading headlines are commonplace in the blogosphere; many publications use them to increase traffic (and therefore advertising revenue). Unfortunately, these techniques often don't result in quality readership growth.

Slideshows skew pageviews-per-visit stats, making it more difficult to accurately gauge traffic stickiness; misleading headlines may put your content in front of new, unsuspecting readers — but those readers are less likely to stay, and may even have negative reactions to being tricked.

Expert tip:

Be timely and relevant

Blog to connect with what's currently on your readers' minds. This way, you'll not be interrupting them; instead, you'll enhance their routines.

"It's all about social relevance," says Chris Spagnuolo, founder and publisher of Guyism.com, an independent men's lifestyle site with 3.5 million monthly unique visitors. "Think, 'Will one of my friends from high school think this is worth sharing on Facebook?' If the answer is yes, that's a good start."

Speak to a very specific audience

Casting a wide net can be good for generating traffic, but with a glut of reading options on the Web, passionate blog followers gravitate toward hyper-specific publications.

Guest post and use guest bloggers

Allowing guest bloggers to post on your blog brings twofold benefits: more content for your blog and new reader exposure for your site. Guest bloggers often point their own followers to posts they've written for other publications (and you should encourage them to do so). Ideally, those readers start to recognize your blog and eventually subscribe to you, too.

Encourage loyalty through consistency

Giving readers something to expect helps them work your blog into their daily or weekly routine. As your audience grows, you should increase your content frequency; however, from the beginning, publishing on a consistent schedule will help build loyalty.

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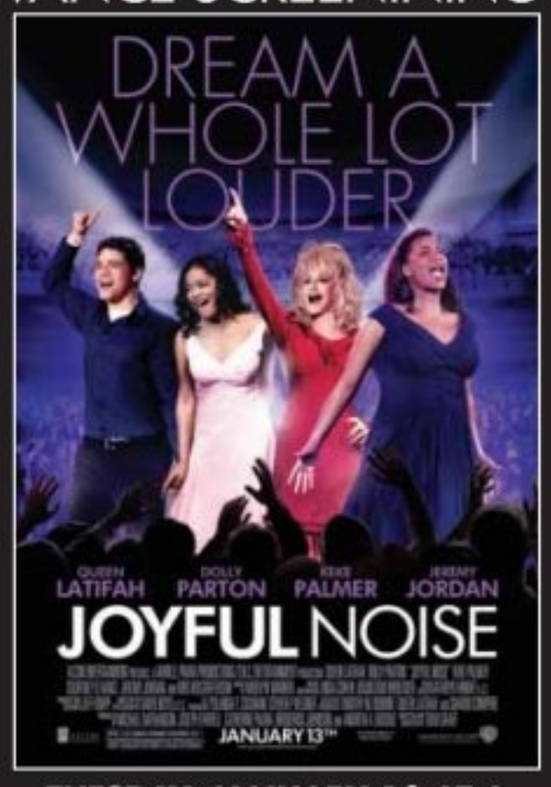

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Monsters, one and all

In an interview recently, George W. said, "The best thing for the economy is war." Bush also said he doesn't miss being president — but he does miss being commander-in-chief. What part was the most fun for you, Mr. Bush? Sending thousands of young American men and women to their deaths or the millions of maimed Arabs? Now Obama and Congress are trying to start a war with Iran. They are not fools, they are monsters like Bush. **CHARLES MICHAEL COUCH, VIA E-MAIL**

Anyone but Obama in 2012

Fact: 47 percent of U.S. households pay no federal income tax! Obama's 2011 one-year employment tax reduction will deprive our social security fund of $119 billion. If Obama is allowed his way, he will do the same thing in 2012 for another $105 billion shortfall. Borrowing money from China to give foreign aid, to send us stimulus checks and to reduce our payments into social security is insane. Our national debt may be staggering, but it is dwarfed by our existing obligations to social security and government pensions. We can't survive 4 more years of calculated sabotage to our economy as we drift into a failed socialistic European model. Anyone — and I mean anyone — but Obama in November! **JOSEPH DUPONT, VIA E-MAIL**

Free news is good news

This past Monday, the New York Times raised its newsstand price from $2.00 to $2.50. They are now the most expensive daily newspaper in the nation. The Wall Street Journal costs $2.00, USA Today and Newsday are $1.00 each, and the New York Post costs only 75 cents! Only our favorite Metro is still the best deal in town — free! **LARRY PENNER, VIA E-MAIL**

Newt: The man with the plan

We have a situation where the president has deliberately worked to stymie the creation of jobs (XL Pipeline) through regulation, taxes, moratoriums, uncertainty (Dodd/ Frank), Obamacare, union bullying and class warfare on successful businessmen. There's only one candidate that knows his way around in Washington and who has the intellect to immediately clear the log jamb, and that man is Newt Gingrich. **JOHN SANGENARIO, VIA E-MAIL**

E-mail your letters: **letters@metro.us**
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Horoscope

♑ Capricorn **Dec. 22-Jan. 19.** Instead of weighing you down, challenges tend to stimulate you. You'll take both pride and pleasure engaging in what needs to be done.
♒ Aquarius **Jan. 20-Feb. 19.** You won't be content with the way things are being done if you believe you can do them better. Take it upon yourself to make the improvements you deem to be necessary.
♓ Pisces **Feb. 20-March 20.** Even if you feel that doing things a different way would benefit the other guy more than it would you, you'll do what is best for the majority.
♈ Aries **March 21-April 19.** If you need to make a few extra bucks, focus on some different ways to gain additional income. Chances are you'll come up with something.
♉ Taurus **April 20-May 20.** When you see that something isn't being properly managed, volunteer your services. No one is better at doing what needs to be done to get things on the right track.
♊ Gemini **May 21-June 20.** Regardless of how tough the job in question, you'll not hesitate to jump in and take control. Once you come up with a strategy, you'll unblinkingly focus on victory.
♋ Cancer **June 21-July 22.** You'll listen to what others have to say but won't embrace their suggestions without first taking some time to digest it. If you like what you hear, you'll try it.
♌ Leo **July 23-Aug. 22.** Although your financial aspects look good, you will still have to earn what's due you. If you don't view things as difficulties, you can have lots of fun.
♍ Virgo **Aug. 23-Sept. 22.** Whether you're selling, teaching or merely conveying information, you'll be exceptionally good at getting your points across. Any little morsel of wisdom you offer will be helpful.
♎ Libra **Sept. 23-Oct. 23.** Although some unexpected changes could buffet you about a bit, you'll hold steady. Once the turbulence subsides, the going should be smooth as glass and you'll slide right in.
♏ Scorpio **Oct. 24-Nov. 22.** Operating independently of others would suit you best, but that doesn't mean you wouldn't do well working with a group. You're up to accepting whatever life throws at you.
♐ Sagittarius **Nov. 23-Dec. 21.** Regardless of the toughness of the objectives you need to handle, you'll know they are achievable. It won't matter what is thrown at you, you'll take things on and win.
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31 Pizarro's quest
32 Canine command
33 Pet-adoption org.
34 Dough
38 Archaeologist's find
40 Horror-film street
42 Swampy ground
43 Mariachi wear
46 Committed perjury
49 __ vous plait
50 Acorn
51 People devourer
52 Floating leaf
53 Gherkins
57 "Casablanca" role
59 Garden mollusk
60 Fragrant flowers
65 Mammoth
66 Put to flight
67 Port south of Recife
68 "Iliad" deity
69 A musical Guthrie
70 Linda __ of "Dynasty"
71 Frontier, once
72 Yell insults
73 Rents out money

Down
1 Knee neighbor
2 Jet engine noise
3 Press for
4 Rathskeller mug
5 Rifle range needs
6 Dante's beloved
7 French I verb
8 __ Dame, Ind.
9 Jr. naval officer
10 Shop area
11 Pablo's girl
12 Kind of congestion
13 Avarice
21 Lampshade support
22 Flying prefix
25 PTA member
26 Hieroglyphic bird
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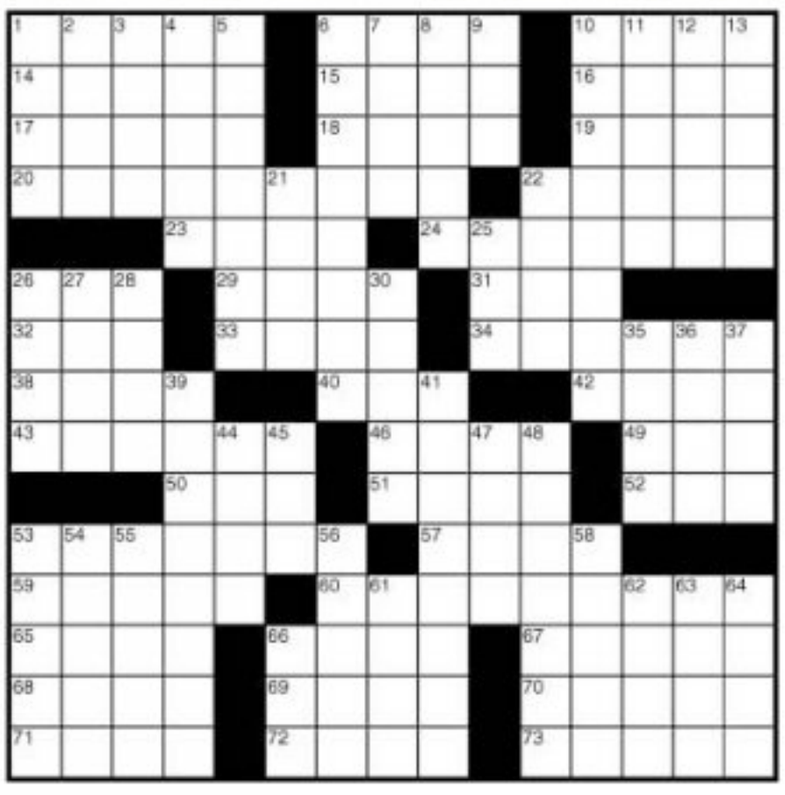
56 Dry land
58 Jack, in cards
61 Festive log
62 Comparison word
63 Female deer
64 Answer with an attitude
66 Sahib's rule



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SUDOKU **LEVEL: EASY**

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SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

L	E	E	R	■	A	C	H	E	D	■	N	A	P	E
A	L	M	A	■	C	R	A	N	E	■	O	S	L	O
P	L	U	M	■	C	O	L	D	F	U	S	I	O	N
■	■	■	A	M	O	C	O	■	E	M	E	N	D	S
■	W	A	D	E	R	S	■	S	N	A	G	■	■	■
C	O	W	A	R	D	■	G	I	S	■	A	R	M	S
R	O	A	N	■	S	C	O	N	E	■	Y	O	Y	O
E	L	K	■	■	■	L	U	G	■	■	T	R	I	■
A	L	E	C	■	B	O	D	E	D	■	P	A	I	L
M	Y	N	A	■	O	S	A	■	R	I	A	T	A	S
■	■	■	R	U	B	E	■	T	A	B	L	E	D	■
E	A	T	E	R	S	■	A	E	T	N	A	■	■	■
G	R	E	E	N	L	I	G	H	T	■	V	A	S	T
G	E	A	R	■	E	S	T	E	E	■	E	G	A	N
Y	A	K	S	■	D	O	S	E	D	■	R	O	O	T

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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‘Fire in his belly’: Big Red will return

Eagles owner gives Reid vote of confidence ◗ Coach will return for 14th season ◗ Best man to lead Birds to first Super Bowl title ◗ Leaving staff changes to Reid

Welcome to the NovaCare Complex, where it's Groundhog Day every day.

About halfway through Jeffrey Lurie's impromptu press conference, the owner finally stopped dancing and cut to the chase. Yes, Andy Reid will be back for his 14th season as head coach of the Eagles.

It wasn't a surprise by any stretch of the imagination. Still, you could hear a sizeable groan from thousands of fans fed up with Reid's act, which often comes across as arrogant.

"Unfortunately, that's a disconnect because the fans are getting the Andy Reid that is communicating in a press conference," Lurie said yesterday.

The coach hasn't won a playoff game in three years, yet Lurie thinks he's still the best man to lead the Eagles to that elusive Super Bowl title.

"There is no doubt in my mind that if our focus is to win a championship next year, the best coach for that is Andy," Lurie said. "We owe as a franchise to Philadelphia the singular pursuit of winning a championship and that's why I want Andy back."

Quoted

"It's a grueling profession as we all know. And Andy Reid not only has the love of the players and their respect, but he also has the fire in his belly to be the best." JEFFREY LURIE

Lurie admitted to feeling angry and frustrated over what he called the "most disappointing season since I've owned the team." Then, he provided votes of confidence for Reid, president Joe Banner and GM Howie Roseman. The fates of the rest of the coaching staff, including defensive coordinator Juan Castillo, lie with Reid.

"We've had long discussions about player personnel staff and everything," Lurie said. "That's Andy's area, and I think he'll make the best judgment of that."

But Lurie made no guarantees that Reid would be back after next season. There will be no changes on the coach's contract, which runs through 2013. However, Lurie did say that he wouldn't be afraid to shake things up.

"I don't [have a fear of moving on]. I don't, it's just not in me. I'm a risk-taker," Lurie said.

MIKE GREGER
mgreger@metro.us

RICARD LARMA/METRO

▶ Lurie is sticking with Reid next season, but the owner admits that he has no fear of moving on if it's not working.

Support?

Lurie talks DJax

Birds owner Jeff Lurie also called DeSean Jackson a "terrific" player and would welcome him back "if the right terms develop." Jackson is a free agent after the Super Bowl.

METRO/MG

Reid the results

Lurie praised Reid's recent success. However, the coach hasn't recorded a playoff win since 2008 and holds a 3-4 postseason record since reaching the Super Bowl in 2004. You be the judge:

- **2005:** Terrell Owens' induced Super Bowl hangover led to 6-10 finish.
- **2006:** Rode Jeff Garcia's magic to 10-6 and trip to the NFC Divisional Round.
- **2007:** Eagles finished dead-last in NFC East with disappointing 8-8 record.
- **2008:** After sneaking into the playoffs as No. 6 seed, Eagles (9-6-1) lost to Arizona in NFC championship.
- **2009:** Finished 11-5 but behind Dallas in NFC East. Cowboys then pummeled them in back-to-back weeks (including playoffs).
- **2010:** Resurgent Mike Vick guided them to 10-6 and East crown. Lost to Green Bay in wild-card round.
- **2011:** Dream Team never lived up to hype, eventually finishing 8-8 and missing out on postseason party.

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GETTY IMAGES

▶ Williams is the Sixers' leading scorer this season — and he doesn't even start.

Williams, Sixers set to finish road trip

The Sixers close out the franchise's longest season-opening road trip tonight in New Orleans.

The team is shooting 48.3 percent from the field — that's No. 2 in the NBA behind Miami — while posting a 2-2 record on this five-game road trip. The Sixers have also shot 43.5 percent from behind the arc, third-best in the league. Lou Williams was 4-of-4 from three-point land in Saturday's win over Golden State.

On TV today

Sixers at New Orleans, 8 p.m. (CSN)

The Sixers also rank second overall (behind Miami, again) in total points per game at 103.0. Credit their top two scorers — Williams (20.3) and Andre Iguodala (16.8) for their recent success. Williams is the top bench-scorer in the entire NBA this season.

"I haven't set any individual goals or paid attention to the numbers," he said. "I know I can score the basketball. I know I can put up points."

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END OF AN ERA FOR KOBE?

Opinion

JASON McINTYRE
SPORTS@METRO.US

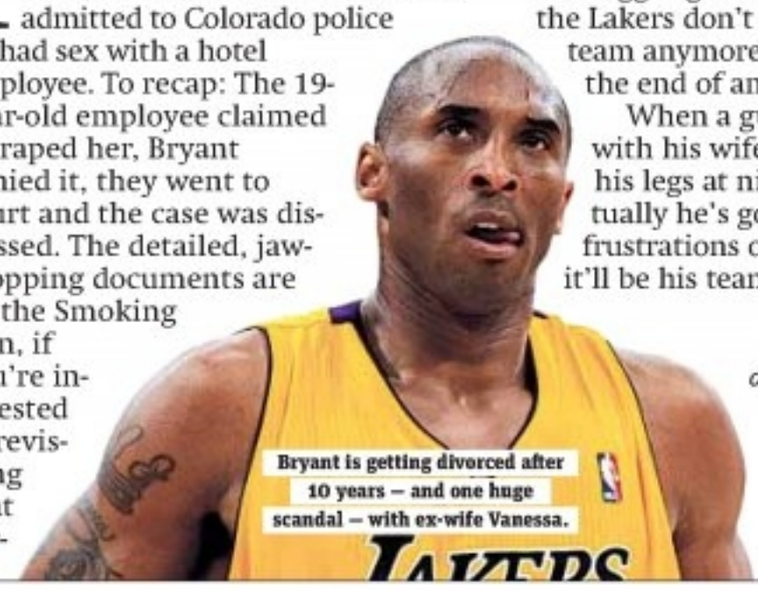
However you rang in the New Year, I'm 97 percent sure you had a better time than Kobe Bryant. In case you missed it, his wife, Vanessa, filed for divorce last month after 10 years of marriage.

I guess Kobe wasn't able to procure a gigantic, seven-figure diamond ring this time to get his wife to come back, like he did in 2003 after he admitted to Colorado police he had sex with a hotel employee. To recap: The 19-year-old employee claimed he raped her, Bryant denied it, they went to court and the case was dismissed. The detailed, jaw-dropping documents are on the Smoking Gun, if you're interested in revisiting that sordid situation.

The set of documents that you'll never see: Kobe's divorce settlement. It probably would have fallen somewhere between Michael Jordan's and Tiger's, anywhere from $100 million to $200 million. Kobe made a giant mistake and they never got a pre-nup.

Compounding Kobe's terrible start to 2012: The Lakers' new coach, Mike Brown, is pretty bad, the team looks old and sluggish and the 33-year-old Bryant is struggling with his shot. Bottom line, the Lakers don't appear to be an elite team anymore, and you get a sense the end of an era is approaching.

When a guy's losing legal battles with his wife all day and then with his legs at night on the court, eventually he's going to take out his frustrations on someone. I'd guess it'll be his teammates. Eventually.



– Jason Raj McIntyre covers athletes off the field and runs the popular sports blog, TheBigLead.com.

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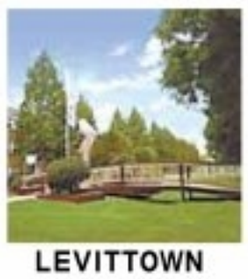

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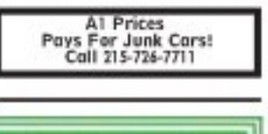

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home

Your new year home makeover

- Practical, cheap and easy ways to give your place a face-lift for 2012
- Interior designer Michelle Workman says: Grab a bucket of paint and go

We spoke to Michelle Workman, interior designer to stars such as Jennifer Lopez and John Travolta, about a few easy ways to give your home a new year's face-lift.

RICHARD PECKETT
METRO WORLD NEWS IN LONDON

Clean up the kitchen

There's splattered cooking oil on the walls, and your appliances are ancient. Instead of ripping out the entire kitchen, Workman suggests painting the hardware in colors like dove gray or black lacquer to give it a fresh, new look. "Alternatively, if you have glass-front cabinets, try wallpapering the interior shelves for a clean, individual-style," she adds.

Wallpaper works great to gussy up old bookshelves as well.

Quoted

▶ Interior Designer Michelle Workman

"The easiest thing to do is paint the walls in a bright color like turquoise, emerald green or coral — all of which are cozy colors for winter."
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Work in more color

"The easiest thing to do is paint the walls in a bright color like turquoise, emerald green or coral, all of which are cozy colors for winter," advises the designer. It's a low-cost way to completely transform a room. Also consider purchasing accessories that you can swap out according to your seasonal moods. Workman suggests Murano glass lamps, which can be easily found at secondhand stores, and accent coffee tables. "They can change the room's aesthetic," she adds.

CONTRIBUTED

▶ Have fun with bright colors.

Embrace upholstery

Re-upholster your headboard in fabric to add a design change. "Consider using a sumptuous material to give your bed a nest-y feel," explains Workman. "The bedding is essential too," she says. Decorative pillows and throws make big statements with minimal effort. Rotate them based on the season, going for richer colors and heavier fabrics in winter and lighter fare in summer.

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Create a bathroom oasis

"It sounds clinical, but I do like to see a lot of white fittings in the bathroom — everyone wants their place to look clean," Workman says. "You can make the bathroom more inviting by painting the walls in a warm color — this creates a really intimate ambience. Also, rather than buying all your fittings from Ikea or chain stores, look out for flea markets or auctions where you can pick up really beautiful individual pieces like an antique side table which will do well next to the bath," she suggests. For those of you who don't mind a bit of do-it-yourself, the Los Angeles-based designer says, "Erect shelves above your tub where you can arrange bath salts and candles for a spa-like setting."

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